



Influenza-like Illness Symptom Screening Tool for Businesses, Families, and Schools

The symptoms of influenza (flu) include fever, cough, sore throat, and sometimes body aches, headache, chills and feeling tired. Some people also have diarrhea and vomiting. The most important thing that you can do to keep flu from spreading in the community is to keep your sick family member at home.

Use the following check list to help decide if you or someone in your family may have the flu:

- | | | |
|-------------------------------------|------------------------------------|---|
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Do you/your child have a fever of 100°F/37.8°C or higher? |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Do you/your child have a cough? |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Do you/your child have a sore throat? |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Do you/your child have a headache, body aches or chills? |
| <hr/> | | |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Do you/your child have vomiting or diarrhea? |

SHOULD I KEEP MY CHILD HOME?

- If you checked **Yes** to fever of 100°F/37.8°C or higher **and** one or more of the other symptoms from the first listed group, you/your child likely has an influenza-like illness. **Stay home/keep your child home for at least 24 hours after fever is no longer present or no signs of a fever exist, without the use of fever-reducing medicines. You/your child should stay home even if using antiviral medications. Even though you/your child may be feeling better the virus can still be passed to others.**
- If you checked **Yes** to **only one** of the initial list of symptoms/questions above, or if you/your child is ill with different symptoms than those listed, stay home/keep your child at home at least one day to observe for other symptoms. If additional symptoms develop, use the checklist questions again to decide whether to continue to stay home. Go back to work/send your child back to school after he or she has been **free of fever for at least 24 hours, without the use of fever-reducing medication(s).**
- If you checked **Yes** to fever and either of the final listed symptom(s) of **vomiting or diarrhea**, you/your child may be experiencing severe influenza symptoms, and you should contact your health professional immediately.

WHAT IF YOU HAVE A NOTE FROM THE DOCTOR?

- If you/your child exhibits influenza-like symptoms -- defined as fever of 100°F/37.8°C and cough and/or sore throat -- the CDC officially suggests that you/your child **must** stay home from work/school **until at least 24 hours after they have no signs of fever.** A release from a doctor saying an individual can return to work/school *should not be required by an employer.* If a physician's note saying that an employee may return sooner than the prescribed time is available, it should be accepted if the doctor specifies a different illness (other than influenza) is being treated, such as an ear infection or a cold.
- If you/your child have been diagnosed by a healthcare provider with a different illness, such as strep throat, follow your healthcare provider's recommendation and school policy for when to return to work/school. A doctor's note stating only that you or your child is released to return—without identifying another illness—may not be acceptable. Parents and school staff that are uncertain about a particular note should call the Health Department.

WHAT SHOULD I TELL MY EMPLOYER?

- If you checked **Yes** for fever **AND one of the other initial symptoms**, tell your employer that you are home with influenza-like illness or that you are home taking care of a child with influenza-like illness.
- If you have been diagnosed by a healthcare provider with a different illness, such as strep throat, tell your employer.

WHAT SHOULD I TELL MY CHILD'S SCHOOL?

- If you checked **Yes** for fever **AND one of the other initial symptoms**, tell your child's attendance office that your child is home with influenza-like illness.
- If your child has been diagnosed by a healthcare provider with a different illness, such as strep throat, tell your child's attendance office.